

# Protect Yourself Against West Nile Virus...



**West Nile Virus** — which is spread by mosquitoes — can cause severe illness or death. Take time to protect yourself:

- ❑ Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) to exposed skin whenever you are outdoors.
- ❑ When possible, wear long-sleeves, long pants and socks when outdoors.
- ❑ Consider avoiding outdoor activities from dusk to dawn or take extra care to use repellent and protective clothing during evening and early morning.
- ❑ Eliminate places around your home for mosquitoes to breed; get rid of items that hold water where mosquitoes might breed.
- ❑ Report large numbers of mosquitoes or mosquito infestations to the Mosquito Control District at (209) 982-4675 or 1-800-300-4675.

**For public information, call (209) 469-8200  
or the California Department of Health  
Services at 1-877-968-2473.**

**Informational Web Sites:**

- [www.sjgov.org/oes](http://www.sjgov.org/oes)
- [www.westnile.ca.gov](http://www.westnile.ca.gov)
- [www.cdc.gov](http://www.cdc.gov)

**Avoid  
Mosquito  
Bites!**

**San Joaquin County West Nile Virus Task Force**